



dr. dele-michael

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### Post Treatment Instructions – Pixel Skin Resurfacing

Meticulous wound care is crucial after skin resurfacing; below are our recommendations for after treatment care. It is important to keep your skin moist and discontinue use of all products containing alcohol or active ingredients e.g. Tretinoin, Glycolic acid.

**--Avoid sun exposure for 3 months after treatments as you will be more prone to sunburn.**

**Start the prescriptions that we recommended to prevent viral, bacterial or yeast infections**

#### **DAYS 1 – 2 (COLD WASH CLOTHES, ICE WATER, SIT IN FRONT OF THE A/C VENT... SOOTHE YOURSELF)**

You will be experiencing redness similar to a severe sunburn or windburn. Your skin will sting. Your color may appear blotchy and could even be puffy or swollen.

--Immediately after treatment, apply wound-healing product such as the Avene Cicalfate, check your post-procedure bag, and apply a generous amount 3-4 times a day for 3 days after treatment.

--During Days 1 - 2, cleanse with only cool tap water and pat dry. **Do not use cleaner of any type.**

--Keep your skin moist with a combination of the wound-healing product (Avene Cicalfate) and cool water. Cool water may be gently sprayed on the area or applied with a damp cool compress. Only use suggested products during these 2 days.

--Discontinue use of any "active ingredient" products during the course of your treatments. These include Retin A or retinol products, Obagi, anti-aging creams, exfoliants, etc.

--Avoid being around harsh chemicals that may cause stinging (peroxide/hair color, alcohol, raw onions, raw hot peppers). If you come in contact with chemicals, wash hands, then rinse face with cool water for relief and re-apply wound healing product.

116 Central Park South, Suite 7, New York, New York

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**DAYS 3 – 6 (USE A MILD GENTLE CLEANSER SUCH AS CETAPHIL OR CERAVE from your local drug store)**

The redness and blotchy appearance of the treated areas will start subsiding. Your skin may appear more taut and darker than usual. Although your skin may look fine, it is important to remember that you still have open wounds and must follow the treatment regimen. Your skin will feel "crusty" and dry as the healing progresses. You will begin to peel between days 3 and 5.

--You may begin using a gentle cleanser in the morning and at night if you feel you need it. Do not rub skin, barely touch the skin and rinse thoroughly with cool or lukewarm water.

-- keep the skin moist with water and bland emollient ointments e.g. Aquaphor® Healing Ointment (Keeping the skin moist with ointments will promote wound healing). If you develop acne from the use of ointments, call our office at 212-229-0007.

**DAYS 7 -10**

**You are due for a follow-up one week after your procedure**

Your skin is now in the final stages of healing. Care must be taken to avoid damage to the new skin that is less than one week old.

--Continue using a gentle cleanser with a gentle technique.

--Replace the ointment if used on Days 3 - 6 with a gentle moisturizer / sunblock e.g CeraVe AM or our Radiance Sheer Sunblock during the day. --Continue keeping the skin moist with water and moisturizer.

--You may use a light exfoliant to remove "crusty" skin for a smooth surface or schedule a microdermabrasion session by calling 212-229-0007 for professional results.

**GENERAL INFORMATION**

-- Treatments may be repeated in 4 weeks to ensure proper healing between treatments.

-- **Avoid sun exposure before treatments and for 3 months after treatments as you will be more prone to sunburn.**

--If any product that you apply, or chemical that you come in contact with burns or stings, rinse off immediately with cool water and discontinue use of the product.

--If you have any questions or adverse effect, call us immediately (212) 229-0007.

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